



# The Factors Influencing Husband's Support for Exclusive Breastfeeding at Suoh Medical Center Clinic

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## Abstract

Breastfeeding is crucial for newborns, particularly throughout their early years of life. Accordingly, throughout the first six months of life, newborns should only be breastfed and not given any other foods or beverages. Government Regulation of the Republic of Indonesia Number: 33 of 2012 details the national policy that the government has also implemented on the exclusive breastfeeding program. According to Article 6, a mother who gives birth is required to nurse her child exclusively. Mothers' success in delivering exclusive breastfeeding cannot be separated from family support, especially husbands who always give encouragement and care. The purpose of this study was to identify the variables that will affect husband support for exclusive breastfeeding in 2023 at the Suoh Medical Center Clinic. Analytical survey research using a cross-sectional methodology was the methodology employed. This study included husbands with infants between the ages of six and twelve months. The number of respondents in this study's sample was thirty. Saturated sampling, or chi-square bivariate analysis, was the sample method employed. The chi-square test results revealed that knowledge had a  $p$  value of  $0.000 < 0.05$ , socio-culture had a  $p$  value of  $0.002 < 0.05$ , and education level had a significant value of  $0.001 < 0.05$ . The conclusion was that there was a correlation between education, knowledge, and socio-culture with exclusive breastfeeding. Suggestions for health workers in providing knowledge about exclusive breastfeeding need to involve husbands, who are the primary motivators of mothers in breastfeeding babies.

## A. Introduction

The best dietary source that can enhance a mother's and child's health is breast milk (ASI) (Sasi et al., 2022). Nursing right away after giving birth might aid in uterine contractions, which will lessen the amount of blood lost by the mother during the postpartum phase (Natalia, 2021). Breastfeeding infants is crucial, particularly in the early stages of life. Consequently, for the first six months of life, babies should only be fed breast milk exclusively; other meals or beverages should not be added to or substituted for it (Caitom et al., 2019). The Government Regulation of the Republic of Indonesia Number: 33 of 2012 Article 6 outlines the national policy regarding exclusive breastfeeding, which has also been established by the government. This policy mandates that every mother who gives birth must provide exclusive breast milk to her child. Apart from PP, Indonesia also has a Strategic Plan Target (Renstra) 2020-2024. Namely, improving the health of mothers, children and community nutrition is implemented through strategies, one of which is increasing exclusive breastfeeding coverage.

According to the national 2017 Indonesian Health Demographic Survey (SDKI) statistics, 61.33% of newborns are exclusively breastfed (Badan Pusat Statistik, 2017). This number is higher than the 44% aim from the 2017 Strategic Plan. On the other hand, 67.74% of newborns nationwide were exclusively breastfed in 2019. This number has surpassed the 50% target set by the 2019 Strategic Plan. West Nusa Tenggara Province has the highest proportion of exclusive breastfeeding coverage (86.26%), while West Papua Province has the lowest percentage (41.12%). In the province of Lampung, 84.20%, an increase from 64.98% in 2017.

The mother's mammary glands secrete breast milk, an emulsion of fat in a solution of protein, lactose, and inorganic salts that is beneficial for the infant's nutrition (Ramadhan & Rahmawati, 2019). All the nutrients required for a baby's growth and development are found in Breast Milk (Amir et al., 2020). The importance of breast milk for babies can have an impact if they fail to provide exclusive breastfeeding. This can result in babies being 17 times more probable to occur diarrhea and 3-4 times more likely to suffer from upper respiratory tract infections (ARI) (Leli, 2021). Malnutrition and obesity, and in adulthood. Babies who fail to breastfeed exclusively will be more susceptible to chronic diseases such as cancer, heart disease, hypertension and diabetes (Yusrina & Devy, 2017). The psychological, physical, educational level, mother experience, mother health, employment position, sociocultural shifts, health professionals, family support, and husband support are factors that affect the effectiveness of exclusive breastfeeding (Larasati, 2017).

Psychological factors such as stress, worry and mother's unhappiness during the breastfeeding period can be overcome if there is support which is expected to stimulate strengthening. This support is obtained from the closest person, namely the husband as the wife's companion. Based on research results Pratami (2016) about "Husband's Experience in Providing Exclusive Breastfeeding Support to Primiparous Mothers in the Working Area of Semplak Community Health Center, Curug Mekar Village, Bogor City." Getting good husband support influences the success of exclusive breastfeeding. Because husbands have a very important role in motivating wives to breastfeed through emotional support. Apart from that, through support such as husbands, they fulfill balanced nutritional needs to help smooth the breastfeeding process.

According to Purnamasari (2017), husband's support is also influenced by the husband's education. Education influences exclusive breastfeeding, husbands with higher education will more easily accept new ideas than husbands with low education. So that health promotions regarding exclusive breastfeeding can easily be accepted and implemented. Then socio-cultural factors also influence exclusive breastfeeding where a person's customs or habits will influence behavior or lifestyle. Like giving honey immediately after a baby is born, giving foods such as bananas to babies under 6 months of age is done to prevent the baby from starving (Husaini & Anasril, 2020). The success of exclusive breastfeeding will be influenced by this social culture; moms who live in supportive societies will be more successful at delivering exclusive nursing. The custom of giving food and beverages to children at a young age while they wait for the milk to come in means that the mother's and family's social culture does not encourage exclusive breastfeeding.

Support from family of chiefly husband inner circle is one of the major efforts in successful breastfeeding on the mother to give love to the baby. Finding the variables that affect a husband's support for exclusive breastfeeding is the goal of this study.

## B. Research Methods

The study design is cross-sectional and employs the analytical survey research method. Measurements or observations between risk factors/exposure and disease are made simultaneously (once) in cross-sectional research designs (Hidayat, 2007). This study employs a cross-sectional, analytical survey research methodology. to examine the connection between exclusive breastfeeding at the Suoh Medikal Center Clinic and education, knowledge, and sociocultural norms. Thirty spouses of patients older than six to twelve months who were receiving care at the Suoh Medical Center Clinic made up the study's group.

## C. Result and Discussion

### Univariate Analysis

Table 1. Education

| Education    | Amount | Percentase |
|--------------|--------|------------|
| Intermediate | 19     | 63.3%      |
| Base         | 11     | 36.7%      |
| Total        | 30     | 100%       |

Table 1 provides information about 30 respondents (100%). There were 19 (63.3%) respondents who were in the majority of secondary education, and 11 (36.7%) respondents who were in the minority of primary education.

**Table 2. Knowledge**

| Knowledge  | Amount | Percentase |
|------------|--------|------------|
| Enough     | 15     | 50%        |
| Not Enough | 15     | 50%        |
| Total      | 30     | 100%       |

Table 2 indicates that, out of the 30 respondents (100%), 15 (or 50%) had adequate knowledge, and the remaining 15 (or 50%) had less understanding.

**Table 3. Socio Cultural**

| Socio Cultural | Amount | Percentase |
|----------------|--------|------------|
| Support        | 20     | 66.7%      |
| Don't Support  | 10     | 33.3%      |
| Total          | 30     | 100%       |

Based on table 3, it is known that there were 20 (66.7%) respondents with supportive social culture. And 10 (33.3%) respondents had a culture that did not support exclusive breastfeeding

#### **Bivariate Analysis**

**Table 4. The Correlation Knowledge Husband with Exclusive Breastfeeding**

| No | Knowledge  | Exclusive Breastfeeding |          | Amount<br>n% | P<br>(sig) |
|----|------------|-------------------------|----------|--------------|------------|
|    |            | Yes<br>n%               | No<br>n% |              |            |
| 1  | Enough     | 12.40                   | 3.10     | 15.50        | 0.000      |
| 2  | Not Enough | 0.0                     | 15.50    | 15.50        |            |
|    | Total      | 12.40                   | 18.60    | 30.100       |            |

The value of the chi square test, which was used in the statistical testing, was  $p = 0.000 < 0.05$ , indicating that the hypothesis was accepted and that there was a significant association between exclusive breastfeeding at the Suoh Medikal Center Clinic and the husband's knowledge.

**Table 5. The Correlation Socio Cultural with Exclusive Breastfeeding**

| No | Socio Cultural | Exclusive Breastfeeding |          | Amount<br>n% | P<br>(sig) |
|----|----------------|-------------------------|----------|--------------|------------|
|    |                | Yes<br>n%               | No<br>n% |              |            |
| 1  | Support        | 12.40                   | 26.7     | 66.7         | 0.002      |
| 2  | Don't Support  | 0.0                     | 33.3     | 33.3         |            |
|    | Total          | 12.40                   | 18.60    | 100          |            |

When chi square statistical tests yielded a value of  $p$  (sig) =  $0.002 < 0.05$ , the hypothesis was supported, indicating that exclusive breastfeeding and social culture are related at the Suoh Medikal Center Clinic. The discussion of the results of the data analysis that has been carried out is as follows:

#### **The Correlation Education Husband with Exclusive Breastfeeding at the Suoh Medical Center Clinic in 2023**

The relationship between a husband's education and exclusive breastfeeding was found in the data from 30 (100%) secondary school educated respondents, 19 (63.3%) respondents, 12 (40%) respondents who supported exclusive breastfeeding, 7 (23.3%) respondents who did not provide exclusive breastfeeding, and 11 (36.7%) respondents with low education who did not provide exclusive breastfeeding. These findings were based on the results of bivariate analysis. The hypothesis was approved at the Suoh Medical Center Clinic because of the statistical test analysis using chi square, which produced a value of  $p$  (sig) =  $0.001 < 0.05$ . This indicates that there is a substantial association between the husband's education and exclusive

breastfeeding. Compared to men with less education, those with higher education levels are more likely to support exclusive breastfeeding.

### ***The Correlation Knowledge Husband with Exclusive Breastfeeding at the Suoh Medikal Center Clinic in 2023***

The hypothesis was supported at the Suoh Medikal Center Clinic due to the statistical tests conducted using the chi square test, which yielded a value of  $p = 0.000 < 0.05$ . This indicates that there was a significant association between the husband's knowledge and exclusive breastfeeding.

An unpleasant sensory or emotional experience brought on by existing or potential tissue injury is called pain (Shaliha, 2019). A physiological necessity is pain. Pain is an unpleasant, highly subjective sensation that can only be fully understood and assessed by the individual experiencing it. In addition to being discomfort, pain can be either moderate or severe (Sulistiyowati et al., 2020).

"Knowing" is what leads to knowledge, and it happens when people perceive particular objects. The formulation of an individual's actions is greatly influenced by their knowledge or cognitive abilities (Siswanto & Lestari, 2020). Knowledge-based behavior will outlive ignorance-based behavior in terms of durability (Iswari, 2018).

The exclusive breastfeeding for the first six months of life is one of the global strategies to achieve optimal growth, development, health, and survival of infants. The pattern of breastfeeding is likely to be influenced by health behavior, which according to Green's theory is determined by three health behaviors. is likely to be influenced by health behavior, which according to Green's theory is determined by three predisposing, supporting, and driving factors. Predisposing factors are (age, education, knowledge, attitudes and occupation of the mother and socio-culture), supporters (health services and information media), enablers (family support, family support, and family support). information), Encouragers (family and community support) (Bangkele et al., 2018).

This study is consistent with that conducted in 2017 by Indira Iswari, which described the husbands' understanding of exclusive breastfeeding in the working area of the Dermayu Health Center in Seluma Regency for breastfeeding mothers (0–6 months). Husbands' knowledge about exclusive breastfeeding is a very important thing for husbands of wives who have babies. aged 0-6 months because good knowledge from the husband will encourage the husband to pay attention and support the wife in providing exclusive breastfeeding. because with support from husband and wife they will be more motivated to provide exclusive breast milk to their baby (Iswari, 2018).

This study is consistent with The Relationship between Husbands' Knowledge About Breastfeeding and Mothers' Motivation in Breastfeeding at the UPTD Bantar Health Center, Tasikmalaya City, published in a journal by Farhan Rahmatillah and Hana Ariyanti. A p-value of 0.000 indicates a significant correlation between the mother's motivation to breastfeed and the husband's breastfeeding expertise (Rahmatillah & Ariyanti, 2018).

Researchers assume that in addition to the mother's duty, the father's involvement and the surrounding environment play a critical part in supporting nursing moms during the breastfeeding process. The atmosphere and the husband's support go a long way toward helping moms successfully nurse their infants. The husband's knowledge plays a role in encouraging, helping and respecting the wife in the breastfeeding process, as well as sharing household work and child care. This support can reduce the incidence of mothers experiencing stress during breastfeeding, such as worrying about a lack of breast milk production, fear of changing body or breast shape and feeling that it is not practical for working mothers. If this stressful condition is not handled, it will cause the mother to be less motivated to breastfeed her baby. All stress automatically affects the production of the hormone oxytocin which plays a role in producing quality breast milk.

### ***The Correlation Socio Cultural with Exclusive Breastfeeding at the Suoh Medical Center Clinic in 2023***

The findings of the bivariate analysis of the association between social culture and exclusive breastfeeding revealed that, of the thirty respondents (100%) who were in favor of it, twenty (66.7%) gave exclusive breastfeeding, twelve (40%) did not, and eight (26.7%) did not. Ten (33.3%) sociocultural responders did not exclusively breastfeed, in contrast to those who did not favor this practice. When chi square statistical tests yielded a value of  $p \text{ (sig)} = 0.002 < 0.05$ , the hypothesis was supported, indicating that exclusive breastfeeding and social culture are related at the Suoh Medikal Center Clinic.

It is impossible to divorce breastfeeding from cultural contexts. This implies that every nursing relationship between a mother and her infant will be influenced by the social culture of the community. Social culture shapes habits, which in turn affect behavior. People are constantly surrounded by the customs and effects of society, both directly and indirectly (Pratiwi et al., 2021).

Factors Associated with Exclusive Breastfeeding in Ujung Batu III Village, Hutaraja Tinggi District, Padang Lawas Regency, North Sumatra Province, 2019 is a study by Tiasmar Heni Wahyuni Siregar that this research aligns with. There is a connection between exclusive breastfeeding and social culture (Siregar, 2019).

Socio-cultural factors also influence exclusive breastfeeding where a person's customs or habits will influence behavior or lifestyle. Like giving honey immediately after a baby is born, giving foods such as bananas to babies under 6 months of age is done to prevent the baby from starving. The success of exclusive breastfeeding will be influenced by this social culture; moms who live in supportive communities will be more successful at delivering exclusive nursing. The social culture of the woman and her family does not encourage exclusive breastfeeding because of the custom of introducing food and beverages to the child at a young age while they wait for the milk to come in (Siregar, 2019).

According to researchers' assumptions, culture or community customs are very influential in providing exclusive breastfeeding. If people's habits continue to be implemented, it will have a big impact on the success of exclusive breastfeeding, and also on the baby's health because the baby's digestive organs are not ready to digest food or drinks other than breast milk.

#### D. Conclusion

Based on the results of research conducted at the Suoh Medikal Center clinic in 2023 on 30 (100%) respondents, the following conclusions were obtained: 1) The frequency distribution of husbands' education at the Suoh Medikal Center Clinic was 19 (63.3%) husbands had secondary education. 2) Frequency distribution of husbands' knowledge at Klinik Suoh Medikal Center. As many as 15 (50%) husbands had less knowledge. 3) The socio-cultural frequency distribution at the Suoh Medika Center Clinic was 20 (66.7%) socio-culturally supporting exclusive breastfeeding. 4) There is a correlation between husband's education and exclusive breastfeeding. The husband's education level can underlie knowledge in absorbing and understanding knowledge about exclusive breastfeeding. 5) There is a correlation between husband's knowledge and exclusive breastfeeding. The husband's knowledge plays a role in encouraging, helping and respecting the wife in the breastfeeding process, as well as sharing household work and child care. So, it can help mothers provide exclusive breastfeeding. 6) There is a correlation between social culture and exclusive breastfeeding. Supportive social culture will influence exclusive breastfeeding.

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